

CHILD CARE LICENSING PROGRAM APPROVED MENUS

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (1)	Tuesday (2)	Wednesday (3)	Thursday (4)	Friday (5)
Breakfast (Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Peaches	Pineapple	Apple Sauce	Oranges
3. Grain/Bread or Alternate or Cereal Cold, dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Bran Muffin	Biscuits	Pancakes	Cheese Toast	Cold Cereal
Other Non-Credible Items					Country Gravy	Syrup		
A.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup			Milk		Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Apple Sauce	Fruit Cocktail		100% Fruit Juice	
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.					
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Raisin Bread	Pretzels	Corn Bread	Cheese Crackers	Peanut Butter Cookies
Other Non-Credible Items						Honey Butter		
Lunch (Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish or Cheese or Cottage Cheese or Eggs (Large) or Cooked Beans or Peanut Butter or Nuts (½ Serving) or Yogurt (Commercial Only)	1 oz. 1 oz. 2 oz. 1/2 1/4 cup 2 Tbl. 1/2 oz. 1/2 cup	1 1/2 oz. 1 1/2 oz. 3 oz. 3/4 3/8 cup 3 Tbl. 3/4 oz. 3/4 cup	2 oz. 2 oz. 4 oz. 1 1/2 cup 4 Tbl. 1 oz. 1 cup	Beef & Cheese Stroganoff	Baked Beans & Hot Dogs	Chicken Nuggets (CN Labeled)	Bean & Cheese Burritos (CN Labeled)	Bologna & Cheese Sandwiches
3. Fruit and/or Vegetable (2 different items for a total serving. Serving must be at least 1/8 cup.)	1/4 cup	1/2 cup	3/4 cup	Peas Pineapple	Apple Sauce Corn	Mashed Potatoes Green Beans	Corn Tropical Fruit	Pineapple Carrots & Celery Sticks
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Noodles Bread	Corn Bread	Rolls	Tortilla Shells (Flour or Whole Corn)	Bread
Other Non-Credible Items						Gravy		Mayonnaise & Mustard
P.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup		Milk		Milk	
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup	Apricots		Apple Juice		Fruit Cocktail
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.					
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Crackers	Carrot Cake	Wheat Crackers	Peanut Butter & Jelly Sandwiches	Snack Crackers
Other Non-Credible Items								

This form is provided for technical assistance purposes only. Providers have the option of using these menus, using CACFP menus, or using menus that have been approved by a registered dietician.

CHILD CARE LICENSING PROGRAM APPROVED MENUS

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (6)	Tuesday (7)	Wednesday (8)	Thursday (9)	Friday (10)
Breakfast (Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Pears	Orange Slices	Apple Sauce	Bananas
3. Grain/Bread or Alternate or Cereal Cold, dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	English Muffins	Toast	French Toast	Biscuits	Cold Cereal
Other Non-Credible Items					Butter & Jelly	Syrup		
A.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup	Milk				Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup		Apple Sauce	Fruit Juice	Vegetable Sticks	
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.					
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Donuts	Bran Muffins	Cinnamon Toast	Saltine Crackers	Oatmeal Cookies
Other Non-Credible Items						Butter		
Lunch (Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish or Cheese or Cottage Cheese or Eggs (Large) or Cooked Beans or Peanut Butter or Nuts (½ Serving) or Yogurt (Commercial Only)	1 oz. 1 oz. 2 oz. 1/2 1/4 cup 2 Tbl. 1/2 oz. 1/2 cup	1 1/2 oz. 1 1/2 oz. 3 oz. 3/4 3/8 cup 3 Tbl. 3/4 oz. 3/4 cup	2 oz. 2 oz. 4 oz. 1 1/2 cup 4 Tbl. 1 oz. 1 cup	Corn Dogs (CN Labeled) Cheese Sticks	Macaroni & Cheese with Ham	Spaghetti with Meat Sauce & Cheese	Fish Sticks (CN Labeled)	Ham Slices Cheese Slices
3. Fruit and/or Vegetable (2 different items for a total serving. Serving must be at least 1/8 cup.)	1/4 cup	1/2 cup	3/4 cup	Cooked Carrots Pineapple	Fruit Cocktail Green Beans	Green Salad Corn	Mashed Potatoes Cooked Broccoli	Carrots & Celery Sticks Apple Slices
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice		Macaroni & Bread	Bread & Noodles	Rolls	Snack Crackers
Other Non-Credible Items						Ranch Dressing		Ranch Dressing
P.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup	Milk			Milk	
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup		Pineapple	Apple Slices		Apple Sauce
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.					
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Raisin Bread	Graham Crackers	Vanilla Wafers	Cookies	Crackers
Other Non-Credible Items						Pudding		

This form is provided for technical assistance purposes only. Providers have the option of using these menus, using CACFP menus, or using menus that have been approved by a registered dietician.

CHILD CARE LICENSING PROGRAM APPROVED MENUS

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (11)	Tuesday (12)	Wednesday (13)	Thursday (14)	Friday (15)
Breakfast (Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Chocolate Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Orange Slices	Grape Fruit Slices	Apricots	Fruit Cocktail	Banana's
3. Grain/Bread or Alternate or Cereal Cold, dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Toast		Whole Wheat Toast	Bagels	Cold Cereal
Other Non-Credible Items				Butter & Jam	Oatmeal Brown Sugar	Butter	Cream Cheese	
A.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup			Milk		Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Bananas	Tomato Juice		Pineapple Juice	
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.		Cheese Sticks			
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Saltine Crackers		Cold Cereal	Muffins	Animal Crackers
Other Non-Credible Items								
Lunch (Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish or Cheese or Cottage Cheese or Eggs (Large) or Cooked Beans or Peanut Butter or Nuts (½ Serving) or Yogurt (Commercial Only)	1 oz. 1 oz. 2 oz. 1/2 1/4 cup 2 Tbl. 1/2 oz. 1/2 cup	1 1/2 oz. 1 1/2 oz. 3 oz. 3/4 3/8 cup 3 Tbl. 3/4 oz. 3/4 cup	2 oz. 2 oz. 4 oz. 1 1/2 cup 4 Tbl. 1 oz. 1 cup	Meat Loaf	Baked Chicken	Peanut Butter & Jelly Sandwich Cheese Sticks	Sloppy Joe's	Ham & Cheese Sandwiches
3. Fruit and/or Vegetable (2 different items for a total serving. Serving must be at least 1/8 cup.)	1/4 cup	1/2 cup	3/4 cup	Green Beans Pineapple	Mashed Potatoes Peas	Vegetable Soup Apple Slices	Carrots & Celery Sticks Pears	Broccoli & Cauliflower Fruit Cocktail
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Rice	Rolls	Bread	Hamburger Buns	Bread
Other Non-Credible Items					Gravy			Ranch Dressing
P.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup				Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup	Apple Juice	Apple Sauce			Banana'sl
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.			Cheese Sticks		
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Cereal Trail Mix	Snack Crackers	Snack Crackers	Graham Crackers	Vanilla Wafers
Other Non-Credible Items								Pudding

This form is provided for technical assistance purposes only. Providers have the option of using these menus, using CACFP menus, or using menus that have been approved by a registered dietician.

CHILD CARE LICENSING PROGRAM APPROVED MENUS

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (16)	Tuesday (17)	Wednesday (18)	Thursday (19)	Friday (20)
Breakfast (Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Apple Sauce	Baked Apples	Peaches	Apple Slices
3. Grain/Bread or Alternate or Cereal Cold, dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	English Muffins	Bagels	Waffles	Toast	Cold Cereal
Other Non-Credible Items					Cream Cheese	Syrup	Butter & Jam	
A.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup		Chocolate Milk			Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Apple Sauce			100% Fruit Juice	
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.			Cheese Sticks		
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Wheat Crackers	Graham Crackers	Snack Crackers	Vanilla Wafers	Cinnamon Biscuits
Other Non-Credible Items								
Lunch (Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish or Cheese or Cottage Cheese or Eggs (Large) or Cooked Beans or Peanut Butter or Nuts (½ Serving) or Yogurt (Commercial Only)	1 oz. 1 oz. 2 oz. 1/2 1/4 cup 2 Tbl. 1/2 oz. 1/2 cup	1 1/2 oz. 1 1/2 oz. 3 oz. 3/4 3/8 cup 3 Tbl. 3/4 oz. 3/4 cup	2 oz. 2 oz. 4 oz. 1 1/2 cup 4 Tbl. 1 oz. 1 cup	Turkey Slices	Beef & Cheese Soft Tacos	Chicken & Rice Casserole with Cheese	Hot Dog Boats	Tuna & Cheese Sandwiches
3. Fruit and/or Vegetable (2 different items for a total serving. Serving must be at least 1/8 cup.)	1/4 cup	1/2 cup	3/4 cup	Corn Mashed Potatoes	Lettuce Fruit Cocktail Green Beans	Green Salad Tropical Fruit	Mashed Potatoes Cooked Mixed Vegetables	Peaches Carrots & Celery Sticks
4. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Rolls	Tortilla Shells (Flour or Whole Corn)	Rice Bread	Bread	Bread
Other Non-Credible Items				Gravy		Ranch Dressing		Mayonnaise
P.M. Snack (Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup	Milk			Milk	
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup		Cauliflower & Broccoli			Tropical Fruit
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.			Turkey & Cheese Slices		
4. Grain/Bread or Alternate or Cereal Cold, Dry or Cereal Hot or Pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/3 cup 1/4 cup	1 slice 3/4 cup 1/2 cup	Peanut Butter Cookies	Saltine Crackers	Snack Crackers	Blue Berry Muffins	Snack Crackers
Other Non-Credible Items					Ranch Dressing			

This form is provided for technical assistance purposes only. Providers have the option of using these menus, using CACFP menus, or using menus that have been approved by a registered dietician.